



WHAT'S UP IN WESTON?

May 2021



A newsletter for Weston youth & Families

WESTON PARKS & RECREATION

Summer catalog is [HERE](#)
Registration for Pre-k to 8th grader camps is open! Camps are offered in one-week sessions from June 28 to July 30 and run 8:30 am-1:00 pm
westonct.gov/parksandrec.

Find P&R updates on [Facebook](#)

FIELD HOCKEY CAMP
WEEK 1: 6/21-6/25 | WEEK 2: 6/28-7/2
9:30-11:30 A.M.
RISING 3RD GRADE- RISING 9TH GRADE
WESTON HIGH SCHOOL- LOWER TURF

Tennis Camp
WESTON

RISING 4TH- RISING 9TH GRADERS
DETAILS: WEEK 1: 6/21-6/25
WEEK 2: 6/28-7/2
8-11:30 A.M.
\$275/WEEK

WESTON YOUTH SERVICES

Summer WOW camps are open for registration: Westonyouthservices.org
There are in-person and virtual options for students grades 1-12
All in-person camps will be held on school campus from 9:00-12:00 p.m. one week sessions, June 21-July 30th.

In-person: Chess, Pokemon Engineerings, Mad science, Fit to Knit, Lego film camp, Sitter Safety & more.

Virtual: NASA Space Lab, Watercolor, Bake My Day, Sports Management, Teen Investors, Debate, Career Launch & More!

Find [WYS Updates on Facebook](#)

WESTON PUBLIC LIBRARY

- Open for adult browsing 10-4 Mon-Sat. & Children's browsing by appt. [HERE](#)
- Sign up for adult and kids newsletter [HERE](#)
- Virtual programs for adults, kids & teens:
 - [Swing Into Spring! Music, Bubble and Comedy Show!](#) All ages! May 11, 4pm
 - [Springtime StoryWalk®](#) All ages: April 12-May 6,
- [Calendar & Registration](#) [HERE](#)

LACHAT TOWN FARM:



Mothers Day Tulip Bouquets:
\$45/pick up May 2 or 8

Gardening for Birds, Bees & Butterflies, Zoom, May 6th, 7-8:30 PM, \$10

Volunteer @ the Giving Garden: [HERE](#).

& Community Garden Info [HERE](#)

Find [Lachat on Facebook](#) for program and event updates,

WESTON PUBLIC SCHOOLS

- [District Calendar](#)
- [WPS Communications](#)
- [WPS COVID-19 Resources & updates](#)
- [WPS Spring 2021 Update](#)
- Rising 9th grade parent Q&A recording [HERE](#)
- **WPS Summer math and reading academy:** in-person 7/6-29, Gr. 9-12. Register: Westonyouthservices.org
Questions: SummerAcademy@westonps.org
- **Weston Performing Arts Summer Program:** grades 4-12, Register: Westonyouthservices.org Questions: elizabethmorris@westonps.org



ADAP of Weston's Youth Wellness Council is a monthly group open to all 9-12 grade students. It's led by a trained facilitator and is a safe space for teens to talk about the stress and challenges of adolescence. For more information: westonadapylc@gmail.com

The Weston Coalition's mission is to increase education, collaboration & information sharing to support the well-being of Weston youth & families. Coalition members include: Weston Public Schools, Town of Weston, Weston Youth & Social Services, Weston Parks & Rec, Weston PTO, ADAP of Weston, Weston faith community, Weston Police and the Weston Public Library.

May is Mental Health Month

MAY MENTAL HEALTH RESOURCES

The **Hub CT** is a regional mental health resource with information & resources. info@thehubct.org

CRISIS RESOURCES

- **Dial 211** for Youth Emergency Mobile mental health crisis assistance.
- **Kids in Crisis:** 24-hour Helpline – 203-661-1911 for parents and teens
- **National Suicide Prevention Lifeline:** 1-800-273-8255 (also website chat option)
- **Crisis Text line:** Text HOME to 741741 to start

Other Mental health support & Info.


- **Turning Point CT:** Support, connection & resources for teens and young adults in CT
- **Childmind Institute:** Mental health topics A-Z and Symptom checker.
- **Youth Mental Health Project:** Parent Support Network, webinars, info about types of treatment, finding treatment.
- **NAMI CT:** Support, education and advocacy for people effected by mental illness.
- **Hey Sigmund:** Articles and info. about youth mental health with a focus on anxiety.
- **Weston Social Services:** referral to resources, financial assistance to eligible residents. Alisbon@westonct.gov
- **Weston Youth Services** will be posting mental health information and resources EVERY DAY in May: [WYS Facebook](#)

FREE VIRTUAL PROGRAMS FOR PARENTS & CAREGIVERS IN WESTON & THE REGION

WMS & WHS PTO presents:

Parenting in the Digital World

Please join the WMS and WHS PTOs for an evening Zoom event
May 4, 7 pm



Parenting in the Digital World is complicated enough pairing that with the past year of Virtual Distance Learning : we have been traveling "where no parent has gone before."

Join Boost! Founder Susan Krauss and Chris Parrott, founder of BeCuriousNotEnvious.net as they explore how we can make fear-free decisions that will allow this next generation to build the skills necessary to navigate this new world. Working from a brain-based perspective, it will allow you to understand which skills are essential in making stronger, more thoughtful choices about this "great unknown."

Join Zoom Meeting:
<https://us02web.zoom.us/j/81475669266?pwd=ckxXSU9kbFZ2YU16MnJFZG5QOW9RZz09>
Meeting ID: 814 7566 9266 Passcode: WHSPto

Zoom link: <https://us02web.zoom.us/j/81475669266?pwd=ckxXSU9kbFZ2YU16MnJFZG5QOW9RZz09>

- May 3, 7 pm, Webinar, **Parenting to prevent Substance Abuse**, w/ Alicia Farrel, phd. *Greenwich Together*
- May 3rd, 5-6 PM **Helping Kids Build a Self Care Toolkit – Surviving the Pandemic and Beyond**, Youth Mental Health Project
- May 5th, 7 pm: Webinar: **Tests, Stress & Today's Student**, Sasco River Center.
- May 12, 7-8 PM **A conversation with Greg Williams about rethinking addiction treatment**, New Canaan Parent Support group: [Register](#)
- May 19th, Hybrid: **Shattering the Stigma of Mental Health with Emily Torchiana:** IN PERSON AT WOODWAY COUNTRY CLUB or VIA ZOOM. Emily Torchiana, is the founder of Lost Got Found, with a mission to reduce stigma surrounding mental health & educate about suicide prevention. *New Canaan Cares*.
- May 20th 7pm: **Youth Mental health for Weston & Wilton parents**, w/Dr. Gerber, Silver Hill Hospital, Registration coming soon. email interest to Lcleary@westonct.gov

Looking for volunteer opportunities for yourself, your teen or your family?

Find a list of area volunteer opportunities at Westonyouthservices.org. If you see something missing from our list, let us know: lcleary@westonct.gov

MORE : see page 3 for flyers for community programs open to all

MAY 25, 7:30PM

GEORGE FLOYD ONE YEAR LATER

A MEMORIAL IN WESTON CT
TOWN HALL 56 NORFIELD RD

Please join TEAM Weston, Weston DEI Advisory Committee, and Norfield Church to mark the one year anniversary of George Floyd's murder.

A community gathering will begin at 7:30 at Weston Town Hall by the gazebo. We will hand out candles while listening to music and a few words will be spoken before we make the walk to Norfield Church for a 9 minute and 29 second bell ringing with some remarks from Reverend Wilson.

Please adhere to current COVID-19 regulations. Overflow parking will be available at Norfield Church parking lot.



9:29

5 / 25 / 21

7:30

Did you know there is a monthly support group for caregivers in Weston?

Weston Caregiver Support Group

- Meets 3rd Tuesday of each month 2-3 PM
- alternating speaker meetings & open discussion meetings
- Supportive, friendly, confidential
- Facilitated by a Town of Weston social worker

We've been meeting virtually but will move to in-person meetings in June!

Upcoming meetings:

May 18th, virtual speaker meeting topic TBD

June 15th, in-person meeting: Weston location TBD

If you're interested in the group but can't meet at this time, please let me know as it helps in planning future programs and we are open to adding additional meeting times.

For more information or to get on our group email list:

Contact the group facilitator Laura Cleary, LMSW

Lcleary@westonct.gov

(203)-222-2585

